

CURRICULUM VITAE

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COMPLEMENTARY AND INTEGRATIVE HEALTHCARE

NURSING REGISTRATION

Massachusetts Board of Registration in Nursing

1973-present

PROFESSIONAL EDUCATION

- | | | |
|-------------|--------|--|
| May, 1992 | M.Ed. | Master of Education
Health Promotion Program
Bridgewater State College, Bridgewater, Mass. |
| June, 1981 | B.S.N. | Bachelors of Nursing
Northeastern University
Boston, Mass. |
| April, 1974 | A.D. | Laboure Junior College
in Nursing - Dorchester, Ma. |
| April, 1973 | DIPL. | Catherine Laboure School of Nursing (3 yrs) - Dorchester, Ma. |

PROFESSIONAL NURSING EXPERIENCE

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| 2017-present | Director, Clinical Implementation
Accelerate Diagnostics
Tucson, Arizona |
| 2011-2017 | Infection Prevention Corporate Consultant (remote from Boston)
Universal Health Services
King of Prussia, PA (corporate office) |
| 2003-2010 | Infection Control Manager
New England Baptist Hospital
Boston, Ma. 02120 |
| 1996-2003 | Legal Nurse Consultant
Palm Beach Consultants, Palm Beach, Florida |
| 1990-1996 | Director, Infection Control Unit
Massachusetts General Hospital, Boston, Ma. |
| 1985-1990 | Senior, Infection Control Clinician
Massachusetts General Hospital, Boston, Ma. |
| 1978-1995 | Infection Control Nurse
V.A. Medical Center, West Roxbury, Ma. |

1973-1978 Infection Control Nurse
Carney Hospital, Dorchester, Ma.

FACULTY APPOINTMENTS

August 2008 – present Lecturer – Community Nursing Program
Simmons College – School of Nursing
Boston, MA

Sept, 1994 - 1997 Assistant Professor
MGH Institute for Health Professionals
Graduate Nursing Program, Boston, Mass.

Sept, 1985 - 1994 Lecturer - Infection Control and Mind-Body Medicine Course
MGH Institute for Health Professionals
Graduate Nursing Program, Boston, Mass.

INTEGRATIVE HEALTHCARE AWARD

May 2007 Massachusetts State Award - "Unsung Heroine of 2007" - for
recognition of her work in integrative medicine and bringing yoga,
Reiki and healing to the community and nursing.

INTEGRATIVE HEALTHCARE EXPERIENCE

1996-present CEO, Finding Inner Peace, LLC
Yoga Teacher Certification and Yoga School Kit
Reiki Certification and Reiki Training Kit
Vibrational Sound Healing Training

2004-2005 Founder and Executive Director
Finding Inner Peace – Holistic Nursing Practice
101 Bridge Street, North Weymouth, MA 02191

2003-2004 Founder and Executive Director
Finding Inner Peace – Holistic Nursing Practice
Four Corners, Hanover, MA 02339

1997-2003 Founder and Executive Director
Finding Inner Peace – Holistic Nursing Practice
988 Bedford Street, Abington, MA 02351

2003 Certified, Sound Energy Dynamics – Level I and II – Tuning Forks

2003 Certified, Clinical Aromatherapist, Abington, Ma.

2002 Certified, Prenatal Yoga Teacher, Abington, Ma.

2002 Certified, Children's Yoga – Color Me Yoga Teacher Certification

2001 Certified, Phase I YogaKids Facilitator, YogaEast, Wakefield, Ma.

1999 Certified, Hypnotherapist, Wellness Center, Hanover, Ma.

- 1998 Certified, Advanced Integrative Yoga Therapy, IYT Teacher Certification
Certified, Meridian Hatha Yoga Therapy, Meridian Hatha Yoga Institute
- 1997 Certified, Vibroacoustic Sound Facilitator – Cymatron Sound Table
Benedick Howard, Sacred Scientist, Sound Healer, Cape Cod, Ma.
- 1995 Certified, Reiki Master/Teacher, Cape Cod, Ma.
- 1993 Therapeutic Touch Practitioner Training, Interface Holistic Center, Ma.
- 1993-2001 Hatha Yoga and Meditation Instructor
Coordinator, Mind-Body Lecture Series and Yoga Program
The Weymouth Tennis and Athletic Club, Mass.
- 1993-1996 Founder and Coordinator, Mind-Body Medicine Group
Mass General Hospital, Boston, Mass.
- 1987-1996 Hatha Yoga and Meditation Instructor
MGH Employee Exercise Program, Boston, Mass.
- 1978-1985 Hatha Yoga Instructor, Employees Exercise Program, VA Medical
Center, West Roxbury, Ma.
- 1973-1978 Hatha Yoga Instructor, Community Program Carney Hospital, Boston

HEALTH EDUCATION VIDEO PRODUCTIONS

- 1998-2000 "Complementary Therapies" - Harron Cablevision
produced and hosted 12 segments for community television education
- 1994-1995 "Mind-Body Yoga" - Harron Cablevision
produced and hosted 12 segments for community television education
- May 1994 "Headache: Conventional and Alternative Treatments"
Guest Speaker
Heart to Heart, Inc. on Health Issues, Brookline Access Television
- June 1994 "Yoga and Meditation for Health"
Guest Speaker
Heart to Heart, Inc. on Health Issues, Brookline Access Television
- July 1994 "Pain: Conventional and Alternative Treatments"
Guest Speaker
Heart to Heart, Inc. on Health Issues, Brookline Access Television

CONTINUING EDUCATION INTEGRATIVE THERAPIES

- 1/2013 "Aromatouch Certification" DoTerra Oils, Newton, MA
- 6/2003 "Clinical Aromatherapy Certification", Janice Gagnon-Warr, RN, Abington, MA.
100 hr certification course
- 4/2003 "Sound Energy Dynamics-Tuning Forks", Christopher Tims, Abington, MA.

11/16-17/2002 "YogAnatomy Intensive Training"
David Keil, Certified Ashtanga Yoga Teacher, Licensed Massage Therapist

10/6-7/2002 "Color Me Yoga Children's Certification"
Marsha Wetzger, M.A., Certified Kripalu Yoga Teacher

7/15-16/2002 "Structural Alignment Yoga Workshop"
Tom Stiles, American Yoga College, Advanced Certified Yoga Teacher

4/27-28/2002 "Breathmastery Workshop"
Dan Brule, BreathMastery Instructor, Finding Inner Peace, Abington, Ma.

12/2/2001 "Zone Consultant Certification Course" - Dr. Barry Sears, Sears Laboratories
Marblehead, Ma.

4/28/2001 "Ear Coning Certification" - Finding Inner Peace, Abington, Ma.

10/3-10/6/00 "Advanced Teacher Training" - Yoga Journal Annual Conference,
YMCA of the Rocky Mountains, Estes Park, Colorado

11/12-14/99 "YogaKids Phase I Facilitator Training"
YogaKids Facilitator Certification, YogaEast, Wakefield, Ma.

9/26-10/1/99 "Advanced Yoga Teacher Training"
Integrative Yoga Therapy, Northern Pines, Maine

5/28-31/99 "Yoga Teacher Training Intensive" - International Yoga Studies, Arizona

5/18-20/98 "The 21 st Century Women - Alternative Therapies for Health"
Sponsored by Tufts Medical School, Martha's Vineyard

5/9-10/98 "Quantum Touch" with Richard Gordon - Portland, Maine

9/15-9/22, 1996 "Advanced Yoga Intensive"- American Yoga College
Woodbound Inn, New Hampshire

8/10-8/11/96 "Therapeutic Touch" - Interface, Cambridge, Ma.

6/14-6/28/96 "Integrative Yoga Therapy Teachers Training"
Craigville Beach Conference Center, Centerville, Ma.

3/25-3/28/96 "Alternative Medicine" - Harvard Medical School Contin. Education, Boston.

12/3/95-12/6/95 "Spirituality in Health and Healing"
Harvard Medical School Contin. Education, Boston, Mass.

10/6/95 "Stress and Disease" Cortext, Braintree, Mass.

3/30/95-4/1/95 "Alternative Medicine Course - Harvard Medical School - Continuing Education

3/28/95 "Therapeutic Touch" - New England Deaconness Hospital Boston, Ma.
3/24/95 "Beyond Prozac: Neurotransmitters, Nutrition, Menopause and Diet",
INS, Braintree, Mass.

3/17/95 "Body Symbolology" - Rev. Rosalyn Bruyere, Collonade Hotel, Boston, Mass.

- 3/3/95 "Vitamins, Antioxidants and Nutrition Workshop" - Cortext, Braintree, Mass.
- 4/13-4/16/94 "Society for Behavioral Medicine" - Annual Educ. Conference
Park Plaza, Boston, Mass.
- 10/28/93 "Appetite, Addictions, and Additives" National Seminars Group - Braintree, Mass.
"Patient Empowerment" - Alternative Medicine Health Forum, Bostonian Hotel,
Boston, Mass. Conference"
- 1978 Yoga Teachers Certificate Training Course - 20 weeks,
The Ashram, Belmont Mass.

CURRICULUM DEVELOPMENT AND CERTIFICATION COURSES

- 2015 95 hour Children's Teacher Certification Business Kit
www.yogaschoolkit.com
- 2013 300 hr Advanced Yoga Teacher Certification Business Kit
www.yogaschoolkit.com
- 2010 200 hr Basic Level Yoga Teacher Certification Business Kit
www.yogaschoolkit.com
- 2010 Reiki Training Kit for Reiki Master/Teachers
www.reikittrainingkit.com
- 2003-2010 200 hr. Basic Level Yoga Teacher Certification
6 month experiential training curriculum, Finding Inner Peace
Cape Cod, Boston, Millis, Charlestown
- 2002 50 hrs. Healing Energies of Music and Sound - Certification Course
Principles of music and harmonics, Toning, Tuning, Drumming, Vibroacoustic
Therapy, Sound Healings, Chakra and Crystal Bowls, Instruments, Breathwork
www.cymatronsoundhealing.com
- 2001 40 hrs. Foundations to Energy Healing - Part II Certification Course
6 month experiential training curriculum, Finding Inner Peace
Reiki III, Psychic Self Awareness, Channeling, Intuitive Dowsing, Crystal
Healings, Ear Coning, Palmistry, Reflexology, Aromatherapy
- 2001 40 hrs. Foundations to Energy Healing - Part I Certification
6 month experiential training curriculum, Finding Inner Peace
Reiki I & II, Therapeutic Touch, Vibrational Touch, Energetic Approaches,
Quantum Physics, Experiential case reviews
- 2000 300 hr. Advanced Level Yoga Teacher Certification
1 year experiential training curriculum, Finding Inner Peace
- 1998-2000 150 hr. Vibrational Medicine Practitioner Certification
6 month experiential training curriculum, Finding Inner Peace
- 1996-1997 100 hr. Basic Level Yoga Teacher Certification
3 month experiential training curriculum, Finding Inner Peace

GUEST SPEAKER AND LECTURES

- 8/23/14 "Chakras and Subtle Energy System"
YogaCaps Therapeutic Yoga for Healthcare Course
Elliot Hospital, Manchester, NH
- 3/25/14 "Reiki Level III and Master/Teacher"
Palmdale Regional Medical Center, Palmdale, CA
- 8/16/13 "Reiki Level II"
Palmdale Regional Medical Center, Palmdale, CA
- 6/21/2013 "Reiki Level I"
Palmdale Regional Medical Center, Palmdale, CA
- 5/5/2013 "Stress Recess for the Caregiver"
George Washington University Hospital, Wash DC
- 4/30/2008 "Stress Recess for the Caregiver"
Boston Critical Care Consortium, Brigham and Women's Hospital, Boston, MA
- 4/23/2007 "History of Infection Control and Healing"
Rhode Island APIC Chapter, Providence, RI
- 10/10/2006 "Infection Control and Energy Medicine"
NENY APIC Education, Rochester, NY
- 5/6/2005 "Heart of Healing"
New England Baptist Hospital, Boston, MA
- 6/4-5/2004 "Prenatal Yoga Teacher Certification – Open Doors, Braintree
- 4/22/2004 "Introduction to Energy Medicine" – Professional Development Day,
New England Baptist Hospital, Boston, Ma.
- 9/29/2003 "The Science of Yoga and Sound – Sea Angels Wellness Cruise, Carnival Cruise Line
- 5/17/2003 "The Science of Yoga and Sound" – New England School of Whole Health Education
- 9/19/02 "Yoga for Relaxation and Strength"
Women, Infants and Children (WIC) - Mass, Dept. Public Health, Worcester Centrum
- 4/30/2002 "Complementary Therapies for Cancer Care"
Mass Department of Public Health and American Cancer Society Conference,
Braintree Sheraton, Mass.
- 5/7/2002 "Teaching Yoga to Children"
Montessori School - Parent Teacher Organization, Braintree, MA.
- 3/28/2002 "Stress Reduction for Teenagers"
Taunton High School, Health Fair, Taunton, Ma.
- 12/19/01 "Foundations to Energy Healing" - Greater New York Chapter - Infection Control
Nurses, Lenox Medical Center, Manhattan, New York
- 11/9/01 "Foundations to Energy Healing" - American Lung Association - Board of Directors
Workshop - Wellesley Community Center, Ma.
- 11/5/01 "Stress Reduction Strategies for High School Students" - Notre Dame Academy,
Hingham, Ma.
- 9/29/01 "Foundations to Energy Healing" - American Lung Association, Asthma Patient Group,
Natick, Ma.
- 8/12/01 "Exploration of the Mind, Body and Spirit Workshop", Finding Inner Peace,
Abington, Ma.
- 4/22/2001 "Teaching Yoga to Kids Workshop", Finding Inner Peace, Abington, Ma.
- 4/9/2001 "Stress Management Strategies", Health Fair, Taunton High School, Taunton, Ma.
- 4/1/2001 "Introduction to Ear Coning", Finding Inner Peace, Abington, Ma.
- 11/4/2000 "Teaching Yoga to Kids Workshop", Finding Inner Peace, Abington, Ma.
- 5/9/2000 "Yoga for Backaches" The Weymouth Club, Weymouth, MA.
- 3/2000 "Yoga and Breathing for Preparation for MCAS High School Testing" - Abington High
- 2/2000 "Yoga and Breathing for Preparation for MCAS Middle School Testing"

- Hanover Middle School
- 11/12/99 "Foundations to Energy Healing" South Shore Registered Nurses, Hanover, Ma.
10/99 "Introduction to Vibrational Medicine" Southcoast Oncology Association, Dartmouth, M
9/99 "Introduction to Reiki Energy Healing", Seniors Mens Club, Canton, Ma.
5/99 "Energy Healing and Lung Disease", American Lung Association, Waltham, Ma.
5/99 "Exploration of the Mind, Body and Spirit Workshop", Nursing Education,
South Shore Hospital
2/99 "Exploration of the Mind, Body and Spirit Workshop", Nursing Education,
South Shore Hospital
10/98 "Foundations of Energy Healing" Northeast Oncology Nursing Association,
Annual Conference, Portland, Maine
4/10/97 "Yoga and Energy Healing" Mystic Charles Community Center Annual Spring Break
Alternative Medicines of the 90's, Woburn, Ma.
4/4/97 "An Exploration of the Mind, Body and Spirit, Health Educational Resources
White's Restaurant Conference Center, New Bedford, Ma.
3/24/97 "Stress Management for Parents", Johnson Elementary School
Parent/Teacher Organization Natick, Ma.
3/15/97 "Reiki I Practitioner Training", Beyond Care, Inc. 500 Belmont St, Brockton, Ma.
2/15/97 "Reiki I Practitioner Training", Beyond Care, Inc. 500 Belmont St, Brockton, Ma.

Websites:

www.findinginnerpeace.com
www.findinginnerpeaceyogaschool.com
www.certificatioininyoga.com
www.yogaschoolkit.com
www.workshopsinyoga.com
www.reikicertification.com
www.reikittrainingkit.com
www.cymatronsoundhealing.com